

End of project impact report

Grant Awarded: £972.00

Date Awarded: 26th June 2018

Organisation Details

Name: *Sherburn Community Gymnastics Club*

Address:

Units 8 & 9, Blackburn Industrial Estate

Sherburn In Elmet

Leeds

North Yorkshire

Postcode: *LS25 6NA*

Project Details

Project Title / Description:

Purchase of Gymnastics Apparatus – Coaching Blocks

Contact Name: Simon Marston

Tel:

IMPACT REPORT FOR PERIOD 2nd August 2018 TO 30th October 2018

Q1 In no more than 500 words please outline the key outcomes of your project.

Since receiving the grant funding and the purchase of the coaching blocks, these have been used on a daily basis for the continual development of our Gymnasts. They have been used for skills development especially the coaching the progressions of flicks, somersaults and handstands. We have noticed a rapid improvement from the gymnasts with these moves resulting in gymnast being able to perform the completed move much more quickly than before.

The coaching blocks have enabled the coaches to use different coaching methods to develop key skills in a fun way for the gymnasts. It is noticeable how much more confident the gymnasts have become in trying new moves with the introduction of varied coaching techniques.

Q2 In no more than 500 words please demonstrate how the project has met the Community Development Plan objectives that were identified in the original application for funding.

Developing Young People Physically and Mentally:

The SCGC coaching team has seen an increase in strength and core conditioning with the more advanced gymnasts in a relatively short space of time which enables them both physically and mentally to have the ability to practice more advanced skills and move and refine existing skills. Taking into consideration the younger gymnasts body growth and development, strength and conditioning needs to be managed on a gradual basis and this is improving with time.

Community Togetherness:

Gymnastics has no boundaries, we encourage children/young adults from all social and ethnical backgrounds and our membership is constantly changing and reflects this, we have recently had a Blind child join the club for whom we provide one to one style coaching. This has been a great insight for the gymnasts proving that anything is possible and further reiterating our teaching that everyone is different but in a good way.

We have recently allowed Chuldow Martial Arts Club to use our premises after the premises they use suffered a fire, this has resulted in some of their members joining our club and we have had combined school holiday camps.



Q3 In no more than 250 words please give details of any additional benefits or objectives that the project has met that were not anticipated/ outlined in the original application for funding.

Any other comments on the project and its success:

Sherburn Community Gymnastics Club are extremely grateful for the funding we received for the Western Community Engagement Forum and the belief they have shown in the club we these coaching blocks added to the equipment we already had we can continue to move forward and develop the gymnasts and grow the club that benefit the local communities by promoting togetherness, respect for others and self-belief.

Pictures of coaching block in use

